

UNITED STATES SECRET SERVICE
Office of Human Resources and Training
Applicant Physical Abilities Test

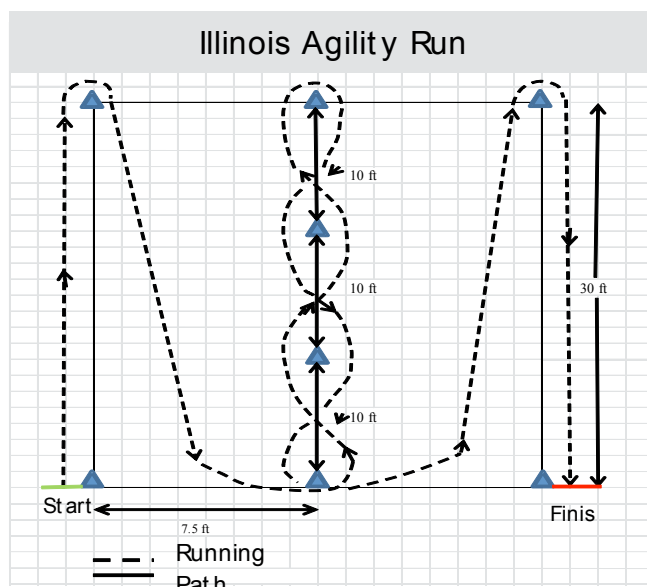
Overview

The Applicant Physical Abilities Test (APAT) is a pre-employment physical fitness test administered during the entry-level hiring process. The test is intended to evaluate an applicant's strength, agility, endurance, and other physical capabilities based on the physical requirements needed upon entry into the Special Agent and Uniformed Division Officer jobs. The APAT has been developed for use by the Secret Service only and consists of four test components administered in the following order:

Push-Ups - The purpose of this component is to evaluate upper body muscular strength and endurance. This assessment will be administered in an indoor or outdoor space. Applicants are instructed to complete as many push-ups as possible within a one minute timeframe. Only one trial will be given and scores are based on how many correctly performed push-ups are completed.

Sit-Ups - The purpose of this component is to evaluate abdominal strength. This component will be administered in an indoor or outdoor space using a 24" x 70" floor mat. Applicants will be required to do as many sit-ups as possible within a one minute timeframe. Only one trial will be given and scores are based on how many correctly performed sit-ups are completed.

Illinois Agility Run - The purpose of the Illinois Agility Run is to evaluate an applicant's anaerobic power and ability to quickly change directions. This component will take place either indoors or outdoors and requires applicants to complete a short distance run with changes in direction as fast as possible. Two trials for this component are given, but only the best trial will be scored. A diagram of the course has been provided below for illustration purposes.



1.5 Mile Run - The purpose of the 1.5 Mile Run is to evaluate cardiovascular endurance. This component will be administered either indoors or outdoors on a marked hard and flat surface with minimal sharp turns. Scores are based on the total time it takes to complete the 1.5 mile run. Applicants will be permitted to walk or stop during the run, but the stopwatch calculating the run time will not be stopped.

Important Test Day Information

Scheduling

All eligible applicants will be scheduled to take the APAT at the APAT test location closest to their designated hiring office. A hiring office representative will coordinate the scheduling of the APAT after the written exams (e.g., Special Agent Entrance Exam or Police Officer Selection Test) have been administered. If an applicant is unable to attend his/her scheduled APAT test date, they should contact the hiring office representative to see if additional test sessions are being offered. Once scheduled, each applicant will receive an APAT Reporting Instructions Packet via email.

Accountability Forms

Applicants are required to submit both an **Applicant Physical Abilities Test (APAT) Certificate of Wellness (SSF 4337A)**, and **Applicant Physical Abilities Test (APAT) Liability Waiver (SSF 4337B)**, to the APAT Administrator on the day of testing. Below is specific information for submission and completion of these forms.

- **APAT Certificate of Wellness (SSF-4337A)** – will be provided prior to testing and must be completed by a Physician within 30 days of the APAT in order to be valid. This form serves as a certification from the applicant's physician stating that the applicant is physically capable of safely performing the components of the APAT.
- **APAT Liability Waiver (SSF-4337B)** – Will be provided on the day of testing and must be signed and dated before the test can begin. Through this form, the applicant certifies that he/she is fit to perform the exercises required by the APAT and waives any and all claims against the Secret Service and related parties for damages or injuries that he/she may sustain as a result of participating in the APAT.

These forms are available by accessing the Secret Service public website at:

<http://www.secretservice.gov/join>.

Attire

Applicants must wear comfortable athletic apparel (e.g., short sleeve t-shirts, shorts or pants) and athletic shoes. Anyone who wears inappropriate attire will be dismissed. Non-essential jewelry including metal watches, bracelets or necklaces are not permitted during the test. Portable audio/media devices (e.g., iPod, MP3 player) are also not permitted.

Important Preparation Information

- Have a licensed physician complete the Applicant Certificate of Wellness Form (SSF 4337A), within 30 days of scheduled test date.

- Bring photo identification. Photo identification must be issued by a state or a federal agency (i.e., Driver's license, U.S. Passport, U.S. Military ID card, or state-issued ID card).
- Bring a completed Applicant Certificate of Wellness Form (SSF 4337A), and appropriate attire.
- Do not drink coffee, tea or caffeinated soda one hour prior to testing.
- Do not use tobacco products during the test.

APAT Scoring

The APAT is scored on a point-based system. Each test component is scored on a scale from 1 to 8 points with a baseline cut-off that requires applicants to meet a minimum level of fitness across all components (see the chart below to see how points are assigned). All APAT components are equally weighted and summed to generate a total score. Applicants must exceed the baseline cut-off for all components and achieve a **minimum cumulative score of 20 points** to pass the APAT. Applicants are required to meet the same standards regardless of age, gender, or job applied for (i.e., Special Agent or Uniformed Division Officer).

APAT Score Chart				
Point Value	Push-Ups (60 seconds)	Sit-Ups (60 seconds)	Illinois Agility Run	1.5 Mile Run
0	14 or less	22 or less	23.89 or higher	19:41 or higher
1	15-16	23-28	23.88-22.18	19:40-16:53
2	17-19	29-30	22.17-21.66	16:52-16:09
3	20-22	31-33	21.65-21.13	16:08-15:26
4	23-26	34-36	21.12-20.60	15:25-14:43
5	27-29	37-41	20.59-20.23	14:42-14:12
6	30-37	42-45	20.22-19.44	14:11-13:07
7	38-43	46-49	19.43-18.65	13:06-12:02
8	44 or more	50 or more	18.64 or lower	12:01 or lower

Pass/fail score notification will not be provided at the test. All score notifications will be distributed via email after the test.

Applicants who fail the APAT will be eligible to retake the test after a period of six months from their most recent fail date. This will require that applicants reapply when there is another Job Opportunity Announcement posted. Passing scores on the APAT are only applicable to the current Job Opportunity Announcement to which the applicant has applied.